

CLAIMS:

1. An exercise apparatus comprising:  
a chair including a base portion, a seat portion, a backrest portion, a footrest  
having an underside portion, and a footrest support structure that is  
selectively extendable to position the footrest in a forward position and  
retractable to position the footrest in a stowed position, wherein the  
footrest is forwardly pivotable when in the forward position; and  
a leg-exercising station including a pedal assembly associated with the underside  
portion of the footrest and adapted to allow a user to perform a leg  
exercise, wherein when the footrest support structure is extended and the  
footrest is in the forward position pivoting the footrest forwardly raises the  
pedal assembly for use, and when the footrest support structure is  
retracted and the footrest is in the stowed position the pedal assembly is  
located within the base portion of the chair.
2. The exercise apparatus as set forth in claim 1, wherein the chair is a  
substantially conventional upholstered recliner-type chair.
3. The exercise apparatus as set forth in claim 1, wherein the pedal assembly  
includes a pair of pedals configured for rotational movement, and a dampening  
mechanism adapted to adjustably resist the rotational movement of the pair of pedals.
4. The exercise apparatus as set forth in claim 1, wherein the leg exercising  
station further includes a floor support adapted to unfold so as to extend between the  
pedal assembly and an underlying floor surface when the footrest support structure is  
extended, and to fold and retract within the base portion of the chair when the footrest  
support structure is retracted.
5. The exercise apparatus as set forth in claim 1, wherein the chair further  
includes an armrest portion, and the exercise apparatus further includes an  
arm-exercising station associated with the armrest portion and adapted to allow a user  
to perform an arm exercise.

6. An exercise apparatus comprising:  
a chair including a base portion, a seat portion, a backrest portion, a footrest having an underside portion, and a footrest support structure that is selectively extendable to position the footrest in a forward position and retractable to position the footrest in a stowed position, wherein the footrest is forwardly pivotable upon the footrest support structure when in the forward position; and  
a leg-exercising station for allowing a user to perform a leg exercise, the leg-exercising station including -  
a pedal assembly having a pair of pedals configured for rotational movement,  
a dampening mechanism adapted to adjustably resist the rotational movement of the pair of pedals, and  
a floor support adapted to unfold so as to extend between the pedal assembly and an underlying floor surface when the footrest support structure is extended, and to fold and retract within the base portion of the chair when the footrest support structure is retracted,  
wherein the pedal assembly is associated with the underside portion of the footrest such that when the footrest support structure is extended and the footrest is in the forward position pivoting the footrest forwardly raises the pedal assembly for use, and when the footrest support structure is retracted and the footrest is in the stowed position the pedal assembly is located within the base portion of the chair.
7. The exercise apparatus as set forth in claim 6, wherein the chair is a substantially conventional upholstered recliner-type chair.
8. The exercise apparatus as set forth in claim 6, wherein the chair further includes an armrest portion, and the exercise apparatus further includes an arm-exercising station associated with the armrest portion and adapted to allow a user to perform an arm exercise.

9. An exercise apparatus comprising:

a substantially conventional upholstered recliner-type chair including a base portion, a seat portion, a backrest portion, and armrest portion, a footrest having an underside portion, and a footrest support structure that is selectively extendable to position the footrest in a forward position and retractable to position the footrest in a stowed position, wherein the footrest is forwardly pivotable upon the footrest support structure when in the forward position;

a leg-exercising station for allowing a user to perform a leg exercise, the leg-exercising station including -

a pedal assembly having a pair of pedals configured for rotational movement,

a dampening mechanism adapted to adjustably resist the rotational movement of the pair of pedals, and

a floor support adapted to unfold so as to extend between the pedal assembly and an underlying floor surface when the footrest support structure is extended, and to fold and retract within the base portion of the chair when the footrest support structure is retracted,

wherein the pedal assembly is associated with the underside portion of the footrest such that when the footrest support structure is extended and the footrest is in the forward position pivoting the footrest forwardly raises the pedal assembly for use, and when the footrest support structure is retracted and the footrest is in the stowed position the pedal assembly is located within the base portion of the chair; and

an arm-exercising station associated with the armrest portion and adapted to allow a user to perform an arm exercise.